



Tobacco Prevention Resources

Faculty and Staff Wellness Policies Cessation Activity Examples and Suggestions



- Ideas to distribute cessation program information:
 - Make announcements at PTA meetings or meetings involving community members and parents
 - Mail information about the program to parents
- Promote Teen and Adult Quit Lines (1-888-567-TRUTH) and Utah QuitNet (www.utahquitnet.com)
- Advertise multi-language services of the Utah Quit Line and Spanish services of Utah QuitNet.
- Coordinate efforts of cessation programs offered through school, community agencies, and the juvenile court system.
- Conduct smokefree home and car campaigns.
- Increase awareness among employees, parents, and families of students (e.g., through training or special events) of how to create and maintain supportive atmosphere for students and adults who want to stay free of tobacco use.
- Develop or expand tobacco-free activities for youth and employees (e.g., after-school activities, Saturday support groups).

